




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:30 Morning Exercise (FC) 1 10:00-1:00 Round About Apple Valley 10:15 Morning Reflection with Chaplain Sarah (L) 10:30 Men's Group (LC) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:00 Nutrition Series: The Skinny on Artificial Sweeteners (LC) 2:30 Cookie and Coffee Social (C)</p> <p>Mardi Gras</p>	<p>9:30 Morning Exercise (FC) 2 10:30 Communion Service with Church of the Risen Savior (CH) 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 1:30 Dice: Left, Center, Right (AC) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 3:00 Resident Council (CH)</p> <p>Ash Wednesday</p>	<p>9:00 Virtual Catholic Service (Channel 2) 3 10:00 Bingo (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 12:30 Resident Council (Channel 2) 1:00 Movie: Way Out West (T) 2:00 Dakota County Library (L) 2:00 Grief Group w/Chaplain Sarah (AC) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C)</p>	<p>10:00 Cub/Target 4 1:00 Trivia (T) 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 3:00 Social Hour (AC)</p>	<p>10:00 Movie: Calendar Girls (T) 5 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)</p>
<p>6 Floyd Turns 105! k7 9:00 Church Service with Berean Baptist (Channel 2) 10:15 Mindfulness Meditation (T) 1:00 Monthly Birthday Party featuring Ross McLeod (ALR) 1:00 Cards: "500" (LO) 3:00 Spring Bible Study (T)</p>	<p>9:30 Morning Exercise (FC) 8 10:00-1:00 Round About Apple Valley 10:15 Morning Reflection with Chaplain Sarah (L) 10:30 Game: Zig Zag Zoom (T) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:30 Cookie and Coffee Social (C)</p>	<p>9:30 Morning Exercise (FC) 9 10:30 Lunch at Cracker Barrel 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 1:30 Dice: Left, Center, Right (AC) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C)</p>	<p>9:00 Virtual Catholic Service (Channel 2) 10 10:00 Bingo (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 1:00 Movie: The Court Jester (T) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C) 3:00 Let's Talk; End of Life (AC)</p>	<p>9:30 Dining Council (CH) 11 10:30 Bean Bag Toss (FC) 1:00 Sing Along with Peggy (CH) 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 3:00 Social Hour (AC)</p>	<p>10:00 Movie: Grumpy Old Men(T) 12 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)</p> 	
<p>Daylight Saving Time Begins 13 10:30 Church Service with Chaplain Sarah (CH)</p> <p>Daylight Saving Time Begins</p>	<p>14 10:00 Bingo (ALR) 1:00 PBS Presents, Penguins: Meet the Family (Channel 2) 1:00 Cards: "500" (LO) 2:30 Cookie and Coffee Social (C) 3:00 Tai Chi with Aegis (FC) 3:00 Spring Bible Study (T)</p>	<p>9:30 Morning Exercise (FC) 15 10:00-1:00 Round About Apple Valley 10:15 Morning Reflection with Chaplain Sarah (L) 10:30 Men's Group (LC) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:30 Cookie and Coffee Social (C)</p>	<p>9:30 Morning Exercise (FC) 16 10:00-12:00 Cub/Target 10:30 PBS Presents: Antique Road Show, Omni Mount Washington Resort (Channel 2) 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 1:30 Dice: Left, Center, Right (AC) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C)</p> <p>Purim Begins</p>	<p>St. Patrick's Day-Wear Green! 17 9:00 Virtual Catholic Service (Channel 2) 10:00 Bingo (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 1:00 Movie: Waking Ned Devine (T) 2:00 Grief Group w/Chaplain Sarah (AC) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C)</p> <p>St. Patrick's Day</p>	<p>10:30 Bowling (FC) 18 1:00 Trivia (T) 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 3:00 Social Hour (AC)</p>	<p>10:00 Movie: Wuthering Heights (T) 19 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)</p>
<p>Think Spring! 20 Decorate your door or shelf with all your favorites of the season!</p>  <p>Spring Begins</p>	<p>21 9:00 Church Service with The Well United Methodist (Channel 2) 10:00 Bingo (ALR) 10:15 Mindfulness Meditation (T) 1:00 Cards: "500" (LO) 2:30 Cookie and Coffee Social (C) 3:00 Spring Bible Study (T)</p>	<p>9:30 Morning Exercise (FC) 22 10:00-2:00 Little Six Casino 10:15 Morning Reflection with Chaplain Sarah (L) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:30 Cookie and Coffee Social (C)</p>	<p>9:30 Morning Exercise (FC) 23 10:30 Communion Service with Church of the Risen Savior (CH) 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 1:30 Dice: Left, Center, Right (AC) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C)</p>	<p>9:00 Virtual Catholic Service (Channel 2) 24 10:00 Bingo (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 12:30 Devotion and Communion with Shepherd of the Valley (CH) 1:00 Movie: Belfast (T) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C)</p>	<p>10:00-12:00 Cub/Target 25 10:30 Bean Bag Toss 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 3:00 Social Hour (AC)</p>	<p>10:00 Movie: 9 to 5 (T) 26 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)</p>
<p>10:30 Communion Service with Chaplain Sarah (CH) 27</p>	<p>Seasons at Apple Valley celebrates 11 years! 28 9:00 Church Service with Shepherd of the Valley (Channel 2) 12:00-2:00 Ecumen Anniversary Party! (1st Floor) 1:00 Cards: "500" (LO) 3:00 Spring Bible Study (T)</p>	<p>9:30 Morning Exercise (FC) 29 10:00-1:00 Round About Apple Valley 10:15 Morning Reflection with Chaplain Sarah (L) 11:00 Book Club (L) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:30 Cookie and Coffee Social (C)</p>	<p>9:30 Morning Exercise (FC) 30 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 1:30 Dice: Left, Center, Right (AC) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 3:00 MN Historical Society Presents: Women are people too-A history of the ERA (Channel 2)</p>	<p>9:00 Virtual Catholic Service (Channel 2) 31 10:00 Bingo (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 1:00 Movie: Seven Chances (T) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C)</p>		

If you have any concerns or suggestions, please contact Stephanie Baumann, Life Enrichment Supervisor at 952.891.9177 or stephaniebaumann@ecumen.org

ROOM KEY

Fitness Center: FC-1st floor

Café: C-1st floor

Amber Club: AC-1st floor

Autumn Leaves Restaurant: ALR-1st floor

Private Dining: PD-1st floor

Theater: T-2nd floor

Creative Arts: CA-2nd floor

Loft: LO-2nd floor

Learning Center: LC-3rd floor

Library: L-3rd floor

Chapel: CH-4th floor